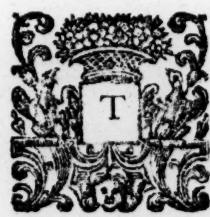


A N

INTRODUCTION TO THE

Method of attaining a graceful Attitude, an agreeable Motion, an easy Air, and a genteel Behaviour.



HE Head, being the principal Part of the human Figure, must be first consider'd, because it entirely governs all the Rest, and when properly situated, erect and free, the Neck will appear in its true Proportion, the Shoulders will retain their proper Places, the Chest will grow broad and full, and the Breast round ; the Back will be straight and light, and assistant to the Motion of the Hips, they to the Motion of the Knees, and the Knees, in like Manner, to the Feet.

A

But

INTRODUCTION.

But if the Head be improperly situated, by projecting forward, it spoils the true Proportion of the Neck, which can never be remedied by fastning Collars or Bandages to draw it back (a Custom too prevalent in the Infancy of the Female Sex) but on the contrary, by confining the Neck in such a Manner, it is not only painful to it, but of bad Consequence, for it is thereby deprived of due Nourishment, and the free Communication between the Head and Body is greatly obstructed; the Shoulders too, by a Head so placed, are drawn out of their proper Places, which certainly renders the Chest narrow, and the Breast, becoming hollow, restrains the Freedom of Breathing, the Back grows heavy and burthensome to the Hipps, they to the Knees, and the Knees to the Feet.

And as a Person, whose Head is rightly placed, is capable of Standing, Walking, Dancing, or performing any genteel Exercise in a graceful, easy and becoming Manner; the Person, whose Head is wrong placed, is wholly incapable of Standing, Walking, Dancing, or performing any Exercise but with Difficulty, and in a Manner very awkward and unbecoming.

I shall next consider the Feet as of great Importance to the Air, Grace and Motion of the human Figure; if they are turn'd inwards, the Hipps will seem heavy and misplaced, but if turn'd outwards will appear firm, yet light and easy. The Heels should be rather low than high, for if low, the Ease, Strength and true Proportion of the Person is preserved; if high they cannot be easy or safe, but on the contrary will destroy the Strength and true Proportion of the Limbs, by straining the Insteps and Ancles, and forcing the Knees forward in such a Manner as will prevent standing or moving upright, but in pain and fear of falling at every Step, as is too obvious in many of the Fair Sex, to whom, in compliance with the customary

INTRODUCTION.

customary Complaisance used by Persons of Politeness, the Preference in the following Descriptions must be given.

For a further and better Explanation, Recourse must be had to the following Figures, which, with their Descriptions, will fully instruct the willing Learner in the RUDIMENTS OF GENTEEEL BEHAVIOUR.

And first to describe the true Way to make the COURTSIE.



The



The C O U R T S I E.

THE Head must be erect, the Shoulders drawn back, the Arms sideways, neither forwards nor backwards but easy, as in this Figure, not too close to the Body, for if so they would hide the Shape and appear aukward. The Hands placed a-cross not high or low, but to the Point of the Shape, the Inside of the Hands should be opposed to the Breast, the Fingers being easy and a little separated, the Wrists must bend inwards, but not so much as to make the Arms appear Lame, and consequently disagreeable; keep firm upon the Limbs from the Hips downwards, then turn with ease, and looking at the Person or Persons to whom the Complement is intended, take a Step sideways with either Foot and join the other to it; let the Eyes (being downcast, as this Figure describes) discover Humility and Respect, whilst bending not too much, but moderately, you make the COURTSIE properly; then rising from it gradually raise the Eyes so too, and look with becoming Modesty.

T H E

Plate 1.



B. Dandridge Pinx.

L. R. Boitard Sculp.

According to Act of Parliament.



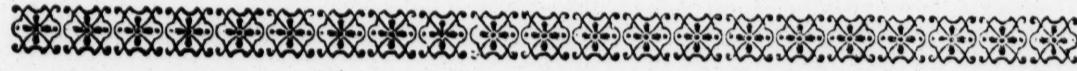


T H E

S E C O N D F I G U R E

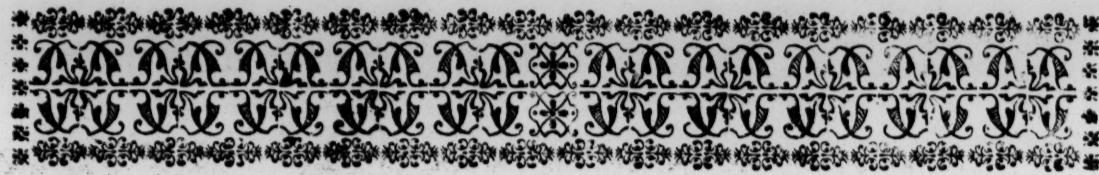
Describes the most genteel Manner of

GIVING or RECEIVING any Thing.



B

T O



To GIVE or RECEIVE.

THE

SERVE well the easy Disposition of this Figure, and in that Manner approach with becoming Modesty and gentle Motion, not too near, nor Stop at too great Distance, for the one will oblige the Person you address, to retire, the other to advance, both which will be wrong, and therefore must be avoided, and the proper Distance kept, then make the COURTSIE in Manner as described in the first Figure, and, as about to Deliver or Receive, present the Right Hand, and withdraw it a little, then presenting it again, GIVE or RECEIVE the Thing intended, and easily withdrawing the Hand, till it comes to a circular Action, place it on the other, as described in the preceding Figure, and COURTSIE as before; and if you quit the Place walk gently, and again COURTSIE at the Door, or some little Distance from the Person GIVING or RECEIVING.



THE

Plate 2.



B. Dandridge Pinx.

L. R. Boitard Sculp.

According to Act of Parliament.



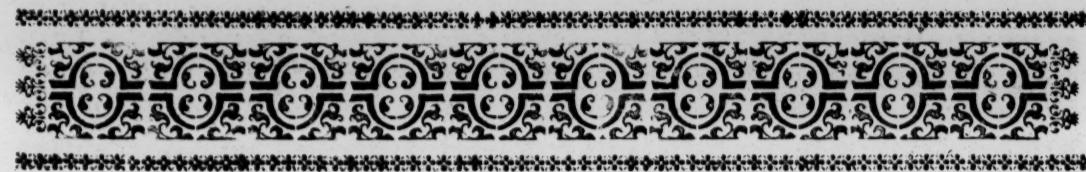


THE
THIRD FIGURE

Describes the proper Manner of

WALKING.





W A L K I N G.

THE Head must be erect and free to move, the Body also upright, disengag'd and easy, the Arms to the Point of the Elbow likewise falling gracefully, and the Hands a-cross, as described in this Figure; the Step must be in Proportion to the Height, the Leg that moves foremost must come to the Ground with a strait Knee, and the Body will insensibly move to that and leave the other Leg light and free to pass forward in like Manner, at which Time, looking with decent Humility, and a submissive Air, the COURTSIE in passing by may be properly made by joining the backward Foot to that which is foremost, and sinking and rising gradually, then WALK as before. It is necessary to observe that it will be impracticable to Dance, or perform any genteel Action or Exercise, without attaining this Method of WALKING, which this Figure proves to be right; for though from the Waist to the Feet the Limbs are not discover'd, yet the Foot advanc'd standing firm and turn'd outwards, proves that Knee to be strait, whereas if the Foot was otherwife, the Knee would be so too, and it is impossible without being strait on the advanc'd Knee, to WALK well, easy, or graceful.

T H E

Plate 3.



B. Dandridge Pinx.

L. R. Boitard Sculp.

According to Act of Parliament



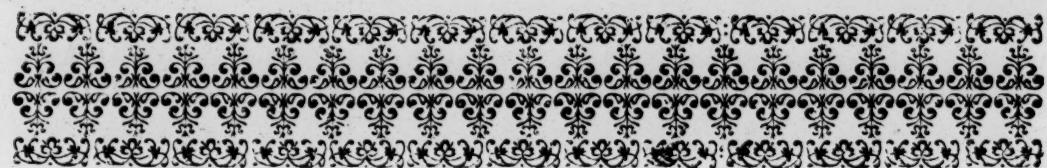


THE different Attitudes of the three Figures before mention'd, being duly drawn from the Life, and the just Proportions strictly observed, are therefore worthy Notice and Imitation, which by a little Practice (without other Assistance) may fully Instruct in the Manner of genteel Motion and Behaviour; and having attained that Foundation, a Person may learn to Dance, and improve therein, in a short Time, and without Difficulty; for when the graceful Attitude and easy Motion of Body and Limbs are known and perform'd, Dancing may be learn'd with more than ten times the Ease to both Master and Scholar, and in less than a tenth Part of the Time that it will require without such a proper Introduction.

The FOURTH FIGURE, with some Explanation, will describe the proper Behaviour in DANCING.

C

DANCING.



D A N C I N G.

KEEP the Head not quite upright, but incline it a little with graceful Motion and all imaginable Ease; let the Eyes appear lively and modest, and the Face express neither Mirth nor Gravity, but the Medium, which will form an amiable Mein and always be agreeable; the Neck to the Shoulders, and from them to the Elbows and Wrists are truly proportion'd, and a genteel Attitude plainly shewn in this Figure; each Forefinger and Thumb must hold the Petticoat, and the other Fingers be a little separated; the Body should have a little Swing in its Motion, just to avoid the Appearance of Stiffness, and let the Feet appear well turn'd and without any Affection, as in this Figure, which shews certainly the proper Behaviour in DANCING, it appearing from Head to Foot modest, light and easy.



T H E



B. Dandridge Pinx.

L. P. Boitard Sculp.

According to Act of Parliament.





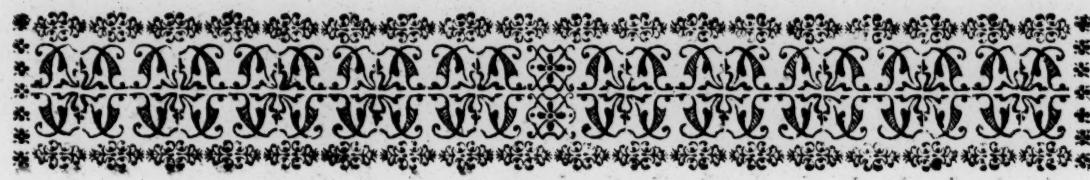
T H E

F I F T H F I G U R E

Will be affixing to the Description of

Giving a HAND in a MINUET.





Giving a HAND in a MINUET.

HE Body must rest on the left Foot light and graceful, the Head must be turn'd free, and the Eyes look over the right Wrist at the Partner, the Shoulders remaining easy, the Arm bending a little Circular and at the same Distance from the Body, as by this Figure, in Proportion, is express'd; for if the Hand be near the Body, the Elbow will project out sharp and the Wrist appear lame; the Fingers must not be closed nor too far separated, the Forefinger and Thumb (tho' near each other) must not join, nor the little Finger point out as if it had no Joints; the Arm must not swing, nor the Wrist have a twisting Motion, but the Hand rising from the Petticoat, with graceful Ease, must appear as you observe in this Figure, then give the Hand, and on withdrawing it bend the Arm as before, and let it fall easy as it was rais'd, and in the Time that falls raise the other in like Manner.

This Figure also shews the right Foot properly turn'd outwards in the Action of taking a *Contre Temps*, which is bending, rising, and sliding.

T H E

Plate 5.



B. Dandridge Pinx.

L. R. Boitard Sculp.

According to Act of Parliament.





T H E

S I X T H F I G U R E

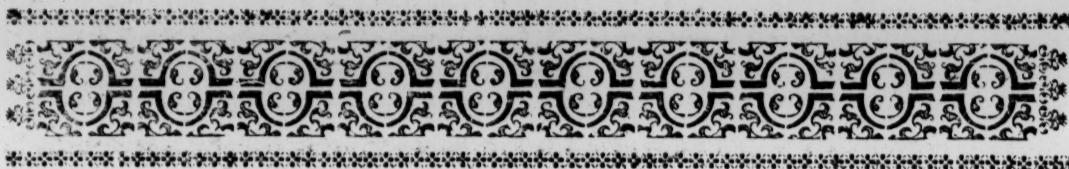
Describes the Manner of

Giving both HANDS in a MINUET.



D

Giving



Giving both HANDS in a MINUET.

IN the preceding Figure, one Hand is offer'd, in this both ; the Arms must not come suddenly to that Attitude, but with easy, graceful Motion without stopping ; this Figure shew's how high the Arms must rise before the Hands turn to the Hands of the Partner ; the circular Action of both Arms is an Expression of Civility till the Hands are turn'd into those of the Partner ; let the Looks and Actions, during the Dance, be wholly address'd to the Partner ; keep Time in an easy Motion ; avoid being too near the Partner in the Dance, but finish it without hurry ; paying the usual Respects to the Company and the Partner, and parting in an easy, obliging Manner, which will please more than the Danice itself ; on the contrary, if the Dance be finish'd, and the Parting made in a hasty, careless Manner, it will Merit Censure, rather than Applause.

These

Plate 6.



B. Dandridge Pinx.

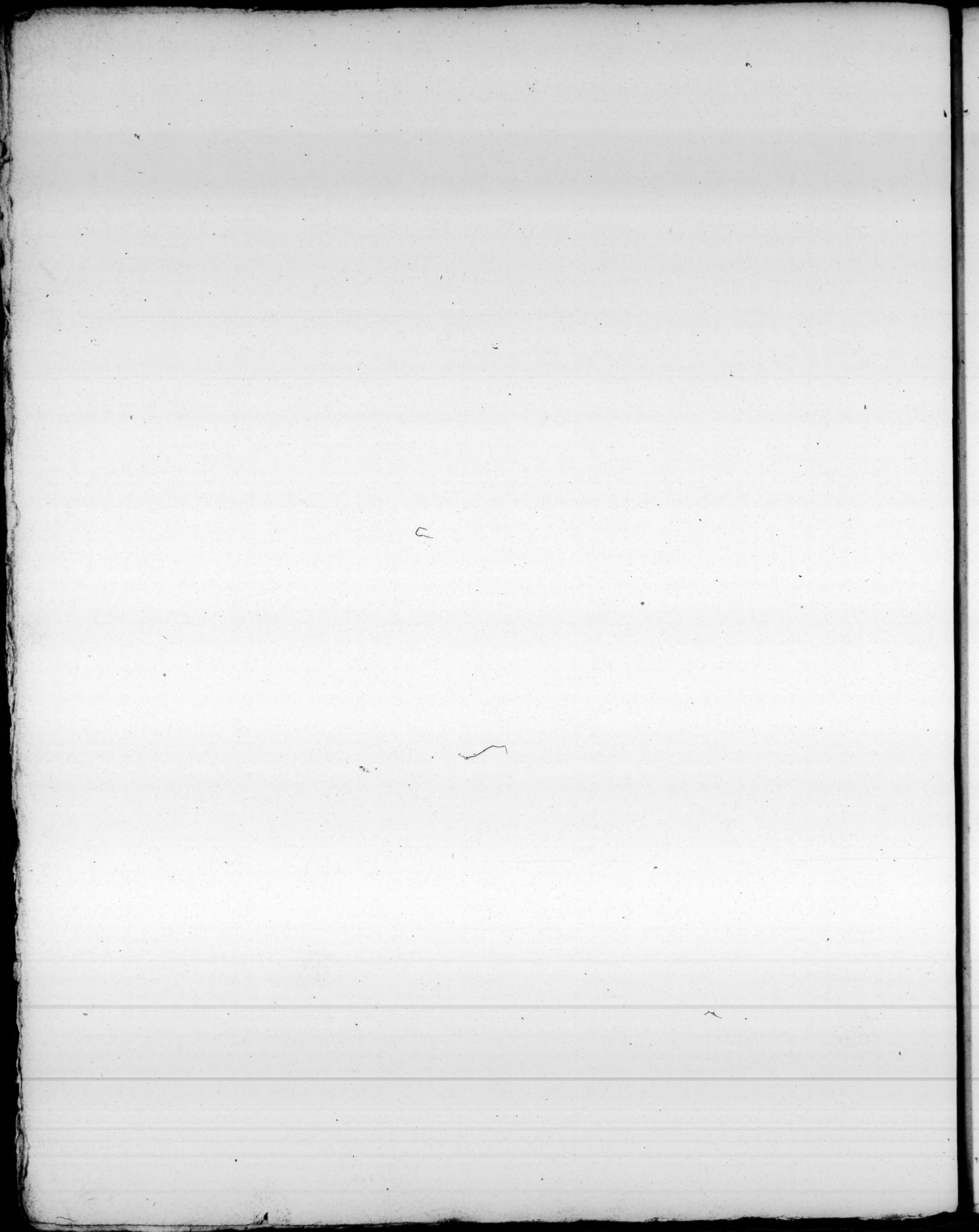
L. R. Boitard Sculp.

According to Act of Parliament.



2

THESE Descriptions of what is proper to be imitated and practised before, and in, and at the finishing the Dance, and the Cautions to avoid what is unbecoming and improper, has been carefully studied, and is hereby recommended to the strict Observance of those among the Fair Sex, who had rather be, and appear, easy, amiable, genteel and free in their Person, Mein, Air and Motions, than stiff, aukward, deform'd and, consequently, disagreeable.





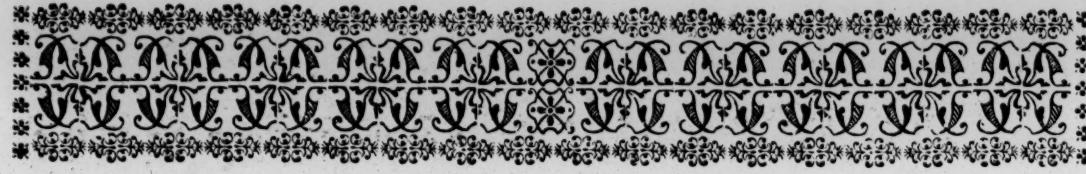
S the Exteriour Part of the human Figure gives the first Impression, it will be no unpleasing Task to adorn that with the amiable Qualities of Decency and genteel Behaviour, which to accomplish, it will be absolutely necessary to assist the Body and Limbs with Attitudes and Motions easy, free and graceful, and thereby distinguish the polite Gentleman from the rude Rustick. The following Figures, in which are described and delineated various Actions of the Gentleman in genteel Behaviour, being taken from the Life, and the true Proportions strictly preserv'd, will, with the Assistance of a little Description, sufficiently demonstrate that those agreeable Faculties may, by a curious Observance and pleasing Study of them, be speedily attained and practised without the tedious Introduction too common in learning the Art of Dancing.

Without further Prelude I shall proceed, as in the former Part of the Book to examine and describe the Gentleman in the following Figures.

The first of which may be properly called the Foundation of all Exercise, that is to STAND firm, yet easy and without Affectation.

E

STANDING.



S T A N D I N G.

TH E Head erect and turnd, as in this Figure, will be right, as will the manly Boldness in the Face, temper'd with becoming Modesty; the Lips must be just join'd to keep the Features regular; the Shoulders must fall easy, and be no farther drawn back than to form the Chest full and round, which will preserve the true Proportion of the Body, but if they are too far drawn back, the Chest will appear to prominent, the Arms stiff and lame, and the Back hollow, which will intirely spoil the true Proportion, and therefore must be carefully avoided; the Arms must fall easy, not close to the Sides, and the Bend of the Elbow, at its due Distance, will permit the right Hand to place itself in the Waistcoat easy and genteel, as in this Figure is represented; but any rising or falling the Hand from that Place, will make it appear lame, and consequently disagreeable; the Hat shou'd be plac'd easy under the left Arm, and that Wrist must be free and strait, and the Hand support itself above the Sword-hilt; the Sword exactly plac'd as shewn in this Figure, is the only proper and genteel Situation for it; the whole Body must rest on the right Foot, and the right Knee, as also the Back be kept straight; the left Leg must be foremost, and only bear its own weight, and both Feet must be turn'd outwards, as shewn by this Figure, neither more or less, but exactly.

T H E

Plate 2.



B. Dandridge Pinx.

J. R. Boitard Sculp.

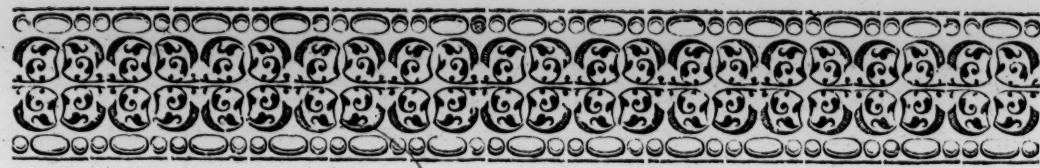
According to Act of Parliament





THE SECOND FIGURE is intended to shew the proper Manner of Walking, and paying the Complement of taking off the Hat passing by; and as many of the Gentlemen of dignified Stations in the Army do retain the most manly, yet easy and genteel Attitudes and Motions, the following Figure is designed to represent in one of their Officers, the Gentleman Walking and paying the Complement abovemention'd.





WALKING and SALUTING passing by.

IN Walking, the Person must be erect, not inclining backwards, the advanc'd Knee must be strait, the Step moderate, and the whole Body and Limbs disengag'd, and free to move gracefully ; the right Arm must rise to the Hat with moderate Motion sideways, the Wrist must be strait, the Hand turn'd and its Palm shewn, the Fingers must be on the Brim, and the Forefinger extended on the Crown of the Hat, and the Thumb under the Brim (near the Forehead) which preserves the Shape and Fashion ; and whilst taking it off, let the Look and Action be complaisantly address'd to the Person to whom the Complement is intended ; the left Arm should fall neither backward nor forward (both which wou'd look disagreeable) but gently by the Side, discovering the Infide, and holding the Glove in an easy, careless Manner ; then being firm on the left Leg, the right will be at liberty to advance and make the Bow on the right Side ; but if the Person to be address'd be on the left Side, the right Leg must be firm and the left advance to perform the Complement.

T H E



B. Dandridge Pinx.

L. P. Boitard Sculp.

According to Act of Parliament.





T H E

THIRD FIGURE

Represents the genteel Manner of

Making the BOW with the Hat off.



F



The B O W.

THE preceding Figure represented the right Hand ready to take off the Hat, and this Figure shews it taken off. The Hand appears to hold the Hat as in the preceding Description, the inside of the Hat must be discovered, for if the outside was shewn the Arm wou'd seem lame; both Arms must advance with freedom, the Head a little inclining forwards to the Object of Address? the Eyes a little downcast at the Time of the Complement, will shew Respect, which cannot be shewn looking at the Person; the left Leg (which in the last Figure appears firm, and supports the whole Body) bends in this Figure, which assists the right Leg to advance freely and make the Bow; but if the Person address'd be on the left Side, the right Leg must bend, and the left advance to perform the Complement; then in recovering the Bow the Body must rise on the advanc'd Leg, which will leave the other free to pass, and properly replacing the Hat, Walk as before in an easy, graceful Manner.

Plate 3.



B. Dandridge Pinx.

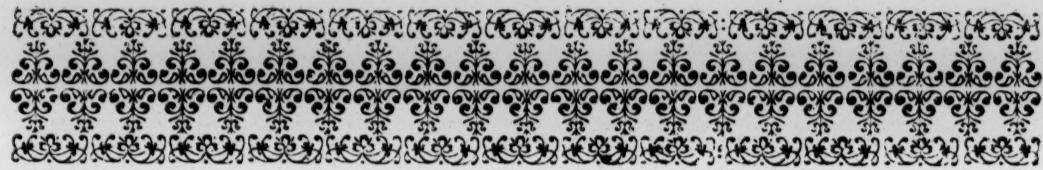
L. R. Boitard Sculp.

According to Act of Parliament.





T is an Observation (which cannot escape Notice) that many Persons retiring, or taking leave of any Person or Company, either thro' want of Knowledge or Neglect in discovering a decent Carriage at their Departure, have appear'd very aukward Figures to Persons of polite Behaviour; therefore this FOURTH FIGURE is design'd to represent the Complement in RETIRING, and the proper Description of it may inform such careless Persons how to demean themselves for the future in this particular.



The Complement RETIRING.

BE firm on the right Foot with a strait Knee to shew the Shape of the Leg in the best Manner, the left Leg turn'd, as in this Figure, with the Knee strait and the Foot resting lightly on it's Ball, the Heel not touching the Ground ; then by Degrees and equal Motion the Knee must bend, and the left Leg be easily drawn back, and the Heel coming to the Ground the Body must recover on that Leg, and give the right Leg liberty to move ; the Body must be quite easy, the Head inclining forwards, the Eyes downcast at the Time of Bowing, and raised as the Head rises, then look with becoming Modesty at the Person or Company and retire, inclining the Body the Way you go, for if otherwise it will confuse and spoil the intended Complement ; one Bow is enough in RETIRING, and many are rather troublesome than obliging, by compelling a Return of superfluous Complements.



I T

Plate 4.



B. Dandridge Pinax.

L. P. Boitard Sculp.

According to Act of Parliament.

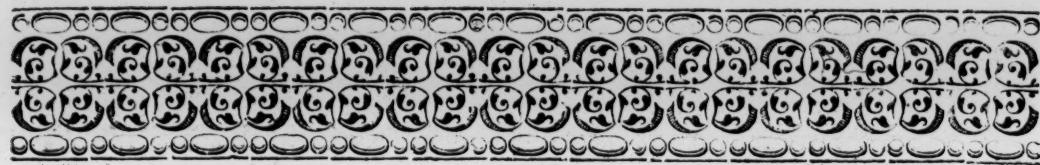




IT is a necessary Accomplishment in a young Gentleman to attain (with an agreeable Disposition of Body and Limbs) the proper Manner of OFFERING or RECEIVING. This FIFTH FIGURE, with its Description, is therefore intended to shew the true and easy Manner of performing this Complement.



G THE



To OFFER or RECEIVE.

THE Head, and the Body to the Waist, must incline forwards in a circular, easy Motion, and the Body must rest on the left Leg, that Knee bending, the right Knee strait, and the Ball of that Foot lightly touching the Ground; the right Arm must bend at the Wrist and Elbow to appear a little Circular, as this Figure expresses, but at the Time of OFFERING or RECEIVING, the Arm must be extended, and the Look directed to the Hand offer'd to, or receiving from, then draw the Hand back, and a little Circular, as above described, and from that Attitude let it fall gently into its proper Place; the left Arm should fall gently by the Side, holding the Hat in a careless, light, and easy Manner. If you stay, draw the right Leg sideways, rise upon the left Foot and stand firm; if you retire, raise the Body and draw the right Foot behind the left, which will finish the Bow properly for retreating with becoming Decency; it is also proper to use the left Leg in the same Manner as the right in advancing or retiring, the right, at the same Time, performing the Actions of the left, as abovemention'd.

T H E

Plate 5.



B. Dandridge Pinx.

L. P. Boitard Sculp.

According to Act of Parliament.

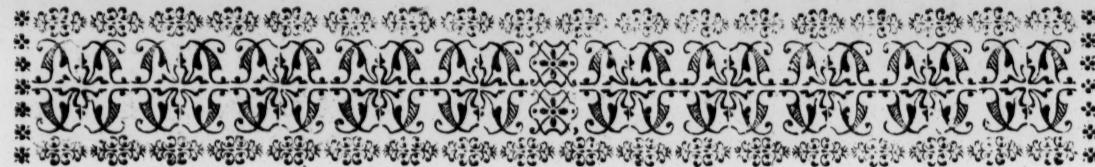




 **H E SIXTH and LAST FIGURE** is design'd to shew the proper Habit, Attitudes and agreeable Movements used in DANCING the MINUET, and so to conclude this TREATISE with that Description.

22 JY 69





DANCING the MINUET.

HE Hat (of a proper Size and Fashion) shou'd be plac'd firm, yet easy on the Head, so as to cover the Eyebrows, and the Point turning, so as to be directly above the left Eye. In performing the MINUET, the Look, with becoming Modesty, must be directed to the Partner; the right Arm must rise with a smooth, easy Motion, the left Arm rise in the same Time sideways at the Distance, as (in Proportion) is shewn by this Figure, the right Arm must bend at the Elbow and Wrist, with the Fingers a little separated, and the Palms of both Hands shewn (as in this Figure) and it is to be observed, that by raising the left Arm in Manner as the right is above described, the proper Action of giving both Hands in a MINUET is to be perform'd, and not otherwise ; and the Body being erect and resting on the left Foot, gives the right Foot (which lightly rests on its Ball) the easy and genteel Movement in DANCING.

Plate 6.



B. Dandridge Pinx.

L. P. Boitard Sculp.

According to Act of Parliament.



